



The Vanderveer Park *perspective*

NEWSLETTER | VANDERVEER PARK UMC |
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Pastor's Easter Letter

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation. Romans 5:6–11 (NRSV)

Grace and Peace,

The Easter season is a time of humble reflection and reverent celebration as we consider the fact of God's unquestionable love. Because God loved us even when we were unlovable, we rise each day in a spirit of joy and hope: "But more than that, we even boast in God through our Lord Jesus Christ through whom we have now received reconciliation." Even in the midst of many dark and disconcerting reports in the media these days, we hold fast to the knowledge and understanding that we have been redeemed by the Messiah, Jesus the Christ. The message of Easter, the gospel of Jesus Christ, is the *good news* of the season!

Through God's love and grace, we are joined together as

Christ's church in the natural world and joined spiritually into the Healthy Body of Christ! As such, it is our good pleasure to work together to further the vision that God has for our community, our nation, and our world. The Lord is building a mighty house of worship in us, and it shall be a beacon of hope and a refuge for all to come in and be safe.

Think about how you will live into God's vision by your prayers, your presence, your gifts, your service and your witness.

Please consider sending a sacrificial monetary offering in expression of your gratitude for the great things the Lord has done. It will undoubtedly help to support our ongoing ministries. As disciples of Christ, we are called to faithfully order our lives

around the example of Jesus Christ who withheld nothing for us.

There are those who can give much and those who can give little...all can give something. We thank you in advance for your financial stewardship and pray that God will continue to richly bless your household.

In Service to the Lord,

Pastor Melvin D. Boone

National Nurses Month

Proverbs 22:17

“A merry heart does good like medicine”

You Make a Difference

May is National Nurses Month.

This month, and always, we are proud of your work and proud to support you as you care for patients and demonstrate to the world the power of nurses.

We thank you for all that you do for the Vanderveer Park UMC family.

You educate us, you care for us and the community by checking blood pressures, providing PPE, COVID testing, at home COVID tests, blood drives, mammograms and so much more.

We are grateful for the VPUMC Health Care Ministry!



Fulfilling My Mental Health Needs

Keneisha Newland-Brathwaite, LGSW/LMSW

May is Social Work appreciation month and as I write, I reflect on all the Social Workers and Social Service professionals who make others a priority, sometimes above themselves. To the masses who are natural servers, we often fall into the same or similar ritual of prioritizing the needs of others above ourselves resulting in over-tired, over-worked and burned shelf of person.

More than the coined term ‘mental health’ I encourage us to shift our minds to think of ways we can create mental wealth in our lives. Wealth is defined by Oxford Dictionary as an “abundance of valuable possessions”. What’s more valuable than you? Using a few intentional strategies, we can continue these things daily to help pour back into ourselves. As the term says “you can’t pour from an empty cup”, we have to actively assess what’s in our cup and figure out how to actively refill it. A necessary step to ensure that we have sustenance to help others fill theirs.

First, take inventory. Where is the bulk of your energy being spent? Make a list or a pie chart.

Tally up the percentage of time you are presently giving to each task.

Second, reflect. Ask yourself do these current percentages adequately appropriate time for my refill? If your answer is yes, awesome! If no, create a goal of how you would like this chart to look different over time.

Third, strategize. Create a plan of action based on the goal you created. Put a date on your calendar to do something for yourself. Identify someone in your life to help hold you accountable and check in with you. Plug in time in your calendar for a date with yourself—yes, with just you. Five minutes per day can go a long way. If you enjoy your tea/coffee/smoothie... whatever it is, take a few minutes in the morning to truly enjoy it.

Fourth, give grace. If you do not achieve your daily goal, give yourself grace. Yes, tomorrow isn’t promised, however it’s not worth it to anguish over ‘should’ve, could’ve, I wish I would’ve’ either.

As these parts of your daily habits begin to change, add icing to the cake and seek out professional service of a mental health professional if needed. It is always great to talk with your friends, your sister girl or even your pastor. However, there is a difference in triaging life with a professional who can teach you active strategies to healing yourself from the inside out. 2022 is the year of wealth and prosperity for wellness Colossians 3:17 (MSG) Let every detail in your lives—words, actions, whatever—be done in the name of the Master, Jesus, thanking God the Father every step of the way.

Resources:

Ayana Therapy, Black Female Therapist, Black Girls Smile, Black Men Heal Black Mental Health Alliance Black Mental Health Matters Black Therapists Rock Boris L. Henson Foundation Coffee, Hip Hop & Mental Health Ethel’s Club Free Black Therapy, Inclusive Therapists, Therapy Den, Therapy for Black Men Therapy for Queer People of Color Therapy in Color Zen Care AFYA, Therapy for Black Girls Therapy for Black Kids

April Book List

Adult

Cicely Tyson
Just As I Am: A Memoir
Michelle Burford

She Came to Slay: The Life and Times of
Harriet Tubman
Erica Armstrong Dunbar

The Gift of the Cross: Embracing the
Promise of the Resurrection
Charles F. Stanley

Unshakable Hope: Building Our Lives on
the Promises of God
Max Lucado

While Justice Sleeps (A Legal Thriller)
Stacey Abrams

Youth

Black Girl Magic: A Book About Loving
Yourself Just the Way You Are
Zara Bryan

Chicken Soup for the Teenage Soul: Stories
of Life, Love and Learning
Jack Canfield

Dancing in the Wind
Debbie Allen

Shoot Your Shot: A Sport-Inspired Guide to
Living Your Best Life
Vernon Brundage Jr

Children

Binkle's Time to Fly
Sharmila Collins

Black Heroes
A Black History Book for Kids: from
Ancient Africa to modern day USA
Arlisha Norwood

Follow that Map: A First Book of Mapping
Skills
Scot Ritchie

The Unstoppable Garrett Morgan
Joan DiCicco

Poetry Corner

The Sanctuary
By Vera James Thomas

The Sanctuary, is God's sacred dwelling place,
Gathered within are those who seek his face.
It's specifically built for glory and splendor,
To worship and embrace God's great power.

All are welcomed and gracefully ushered in,
To be part of God's family, Oh what a divine
blessing!
There is room for you and there is room for me,
A life with King Jesus you shall surely see.

Is your heart broken, are you oppressed
with sin?
The doors are opened, just step right in.
Come you depressed, weary, sick and weak
The Kingdom of God is the first thing you seek.

Humbly in the abundance of God's mercy we wait,
For thus we believe he will make his path straight .
Do not get caught up in the world full of darkness,
Follow the road that leads to mercy and goodness.

We sing of his incredible love, hearts full of praise,
Anthems and songs to our Redeemer raise.
Trust in God's word and the power of prayer,
Bloom where you're planted, God's spirit is here.

In Case You Missed It

During Black History Month and Women's History Month We Celebrated and Honored Our Own

In February we always honor notable African Americans throughout the month. In 2022 we started something new. The Youth and Young Adults decided that those among us should be honored and celebrated and honored.

In February we celebrated the following persons: Mr. Arnold Duncan, Dr. Rhonda Cambridge, Mr. Raymond Trapp and Mrs. Beverly Fuller.

We celebrated them and honored all that they have done at Vanderveer Park UMC. We thank God for them and their faithful service.

In March, Deaconess Gail Douglas-Boykin was recognized for all that she has done and for being Vanderveer Park's 1st Deaconess.

We know that Black History is too rich and vast to be confined

to just one month, so notable members of the congregation will be honored every month throughout the year.

March is Women's History Month. This year's theme "Providing Healing, Promoting Hope", is both a tribute to the ceaseless work of caregivers and frontline workers during this ongoing pandemic and also a recognition of the thousands of ways that women of all cultures have provided both healing and hope throughout history.

The March honorees were: Mrs. Escline Green, Ms. Felicia Ware, Mrs. Janice Reid and Dr. Illouise Murillo-Tucker.

Congratulations to all honorees.

Proverbs 22:17

"A merry heart does good like medicine"



Children's Corner

EASTER WORD SEARCH

B T O C H U R C H X
 U Z F I K M K B F H
 N C H I C K P L C O
 N F Y A U S P E E P
 Y H F E A S T E R P
 B A S K E T T N R D
 H F L O W E R S E Y
 E U S C H R I S T E
 G P N F R I S E N N
 G Z S T C S L P A U

FLOWERS	BASKET	EASTER	CHURCH
CHICK	CHRIST	PEEP	DYE
BUNNY	RISEN	HUNT	EGG
HOP			

Brain Teaser

Three 10 letter words are encoded in the following 10 lines. The first line has the first letter of each word, the second line has the second letter of each word, and so on. But the letters are jumbled together on each line. Can you find all three words?

- | | |
|--------|---------|
| 1. AME | 6. AEC |
| 2. OPX | 7. MTI |
| 3. CPT | 8. EAI |
| 4. IIR | 9. TON |
| 5. ETV | 10. NTE |

Answers on last page

The Birth of A Mother

By Tanya Rodriguez.

It took the birth of my daughter for me to be called a mother, however I quickly realized that becoming a mom and feeling that I had earned the title would be a process. It would involve not only marveling at the physiological changes that manifest new life, but also the significant emotional and spiritual growth I experienced.

During my pregnancy, I recall chatting with a friend and referencing the near future when the baby would arrive, and I would be a mom. My friend's response was "Your child is already a living breathing person in your womb and therefore you are already a mom." The statement made me pause and think. My companion was right. Even though my new little bundle of joy had not yet made her grand entrance, God had already created her, and day to day she existed and grew. I already mothered her by taking on the tasks that mothers do; I prayed for her regularly and I marveled at how God created my body to instinctively know how to nurture and protect her. As I began recognizing and praising God for allowing me to be a part of the amazing miracle and blessing of creating life, the mother in me was born.

When babies bless their new homes, it can be guaranteed that their loving families will spend a considerable amount of time gushing over their tiny little fingers and toes, their heavenly smell, and adorable coos. But what about the colicky days and nights filled with unhappy cries and the feelings of uncertainty that plague new parents as they wonder if they are doing everything right. It did not take me exceptionally long to experience both the highs and lows of early parenthood. What I have realized is that even in the tired nights

and through the moments of doubt, I am committed to always acting in her best interest. It is unlike any other role I have experienced in life. What is special about a mother's love is that burning desire to provide, nurture and protect even through heavy exhaustion, deep doubts and fears and thankless days that may occur, outside of Mother's Day, when there is no special recognition or accolades. It is in the development of that passion that the mother in me was further cultivated.

As time progresses and I grow in this role it has become evident to me that this is the closest I have ever come in my life to being able to relate to the Father's unconditional unceasing love for us. The experience has deepened my faith and brought me even closer to God, and I continually thank Him for choosing me, and I seek Him out for guidance and strength.

Mother's Day is one of the most popular holidays celebrated around the world. In fact, statistics show that more calls are made on this day than any other day of the year. This is by no coincidence; it is simply evidence of the appreciation for the selfless acts of love often associated with motherhood. As you celebrate the birth of the mother in you, and in whatever capacity you have experienced the role; be it birth, adoptive or foster mother, aunty, godparent or mentor, I pray that you will feel the love of God surround you and shine in the fact that He has selected you to play a part in raising the children that first belong to Him. Recognize that you are special because He has trusted you with one of His most beautiful creations. It is a gift and an honor that we should not take lightly; however, we can rest easy knowing that God will guide us through this journey. Happy Mother's Day.

"Her children arise and call her blessed...."
Proverbs 31:28

VPUMC Celebrates All Moms

Mother's Day Tribute

We will be doing a special Mother's Day Tribute. Please submit pictures of your Mom or the Woman that you want to honor. All pictures must be submitted electronically no later than Wednesday, May 4th at 5:00 pm to vpumcmedia@gmail.com



Spotlight on Communications/Newsletter Ministry

In its broadest sense, church communications is the sum total of everything we do, say, or show. Churches constantly communicate, whether they mean to do so or not. *Intentional* communication is the cornerstone of an effective communications ministry.

Communications ministry provides a way to take a large number of ministry events, needs, activities, and opportunities and package them for presentation to the congregation and the community.

The ministry of communications encompasses such a wide and varied arena within the life of the church that it is difficult to identify exactly accurately the responsibilities or resources for every communications coordinator. One size does not fit all. In general, the purpose of the communicator is to keep the congregation "in the know" about what's happening in the church and throughout the denomination and to challenge the congregation through stories of faith-bringing people closer in their walk with God.

Basic Responsibilities

- Promote the church's mission through communications.
- Coordinate communications to and from

members (print/electronic newsletters, announcements).

- Promote church related events and opportunities to church members to encourage their participation or involvement.
- Promote events and opportunities sponsored by the church to the community.

Necessary Skills

You will need communications, time management and organizational skills, a sense of humor, a little patience, a love for the United Methodist Church and its people, a sense of mission and an occasional ability to say no.

We are looking for members and motivated writers to join The Vanderveer Perspective Team. Contact us via email at vanderveerpark@optonline.net

"Then the Lord answered me and said: Write the vision; make it plain on tablets" Habakkuk 2:2



UPCOMING EVENTS

Sunday, April 24th

The Music Ministry presents "Eastertide", a concert of sacred music featuring the Sanctuary Choir with chamber orchestra under the direction of Mr. Raymond Trapp on Sunday, April 24th at 5:00 pm. Tickets for virtual streaming are \$25.00 and are available via Eventbrite. [Click here to purchase virtual streaming tickets.](#)



Answers: Appreciate, Motivation, Excitement

Save the Date



United Women in Faith (formerly United Methodist Women) will be conducting a 4 day Double Good popcorn fundraiser to raise funds to support missions for women, children and youth.

The event starts on Thursday, April 21st and ends on Sunday, April 24th.

Please visit the following link to purchase popcorn and support our United Women in Faith.

<https://popup.doublegood.com/s/95tf5de6>

Your generosity is greatly appreciated.

